

Healthy Snack Ideas



Serving healthy snacks to children is important to providing good nutrition, supporting lifelong healthy eating habits, and ensuring our students are healthy and ready to learn. The best snacks satisfy hunger while helping to meet their daily dietary needs. Here's a list of snack ideas that pack a nutritional punch and will see the kids through until lunch!

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- Angel food cake
 - Animal crackers
 - Ants on a log (*celery with peanut butter or cream cheese and raisins*)
 - Apple (*Try with dip: peanut butter, cream cheese, fruit dip, hummus, whipped topping, caramel sauce*)
 - Carrots with dip
 - Bagels *with various cream cheese spread or peanut butter*
 - Baked whole grain goldfish
 - Peanut butter and banana sandwiches
 - Bananas
 - Blueberry, bran, or cornbread muffins
 - Bread sticks *with cheese or marina sauce*
 - Cheese (string cheese, cheese squares)
 - Cheese crackers
 - Cheese quesadillas
 - Cracker stackers (*lunch meat, cheeses, and veggies to build sandwiches*)
 - Crackers: *Graham crackers, saltines, ritz crackers, animal crackers, whole wheat, whole grain crackers (Great with dips, spreads, cheeses)*
 - Dried fruit
 - English muffins, flour or corn tortillas, or pita bread *topped with cheese*
 - Whole grain fig newtons
 - Flavored rice cakes
 - Fresh fruit (*please cut into cubes $\frac{1}{4}$ inch or smaller. Try freezing*)
 - Fruit & yogurt parfaits (*layer cut fresh fruit with yogurt and granola*)
 - Fruit kebobs
 - Fruit Leather
 - Gelatin *with canned or fresh fruit*
 - Graham crackers
 - Granola Bars
 - Grapes
 - Hard boiled eggs
 - Honey roasted cashews or almonds
 - Kabobs *made with combinations of cheese, fruit, veggies, lunch meat*
 - Lean cuts of turkey, ham, pepperoni, etc
 - Low-fat fruit and cereal bars
 - Mandarin oranges or peaches
 - Melons (*cut in cubes*)
 - Naturally sweetened dry cereal
 - Non-fat cottage cheese (*try adding fruit*)
 - Parfaits *with yogurt/gelatin/chopped fruit*
 - Quesadillas (*cheese, peanut butter, nutella*)
 - Peanut butter and jelly sandwich squares
 - Peanut butter or fruit spread with crackers
 - Pears
 - Pita bread *with lean sliced meat and cheese*
 - Popcorn (*while hot add parmesan cheese, cinnamon sugar, or seasoned salt*)
 - Popcorn cakes
 - Pretzel rods with dip (*cheese, ranch dressing, yogurt, bean dip, mustard*)
 - Raisins
 - Pretzels (*try whole wheat or soft pretzels too!*)
 - Quick breads or muffins *made with carrots, zucchini, pumpkin, bananas*
 - Snack mix (*Toss together whole grain cereal, popcorn, dried fruit, pretzels, raisins*)
 - Vegetables (*with dips, cottage cheese, humus*)
 - Trail mix (*Mix dry cereal, pretzels, cheese crackers, chocolate chips, raisins, goldfish, small amount of m&m's*)
 - Veggie chips
 - Whole grain bread *with fruit spread*
 - Yogurt (*gogurt, yogos, etc. Try freezing or adding pureed fruit or granola*)